From Chaplain Joy Smith

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**NAMI Havasu Fact Sheet**

NAMI Havasu is an endorsed Model B affiliate of the National Alliance on Mental Illness and NAMI Arizona. The work has only been in existence for 15 months, yet several programs are in place for the families and friends of people suffering from mental illness, and for people in our community who are enduring mental illness. We purpose to educate, support and advocate for people who suffer from mental illness.

Currently, NAMI Havasu programs include:

* **NAMI Havasu** **Family to Family 12-week class** which teaches many ways in which families and friends can help their loved ones reach a “best possible” level of recovery. This program will begin again **September 1, once a week in a local church for 2 ½ hours of training on Saturday mornings, 9 AM to 11:30 AM**. **The classes will be held at the Mount Olive Lutheran Church, 2170 Havasupai Blvd, Lake Havasu City**. This NAMI Havasu program has been held in both LHC and Kingman with amazing results. Ten people were trained to facilitate this program
* **NAMI Havasu Peer to Peer 10-week class** were held early this year for people suffering from mental illness, titled “Peer to Peer.” These classes also meet once a week—and are taught by people who themselves have mental illness. The class facilitators are trained as mentors to their peers. They are functioning well and are especially effective due to their “lived experience,” plus their NAMI training. Seven people were trained to facilitate this program.
* Starting in August NAMI Havasu will offer a monthly (or more frequently held) support group called **NAMI Connections**. Nine people are trained to facilitate this **Peer to Peer support** effort. (A location is being sought at this time, after which a date and time will be set.)
* Five people are trained to give a structured support group for families and friends of people who have mental illness. This **Family Support** **Group** and is held at the Havasu Community Health Foundation **94 S.** Acoma Blvd., Ste. 101, Lake Havasu on **the 4th Wed. of every month, 6 PM – 7:30 PM.**
* “**Hope for Recovery,”** a one-day workshop was held early this year and advertised community wide. Twelve people attended.
* **“Let go the fear . . . Let’s end the Silence**” event was held May 9, 2018, at the Mohave County Library in Lake Havasu City with Joy Smith as speaker. Nineteen people attended.
* NAMI Havasu has a 7-member steering committee, mostly comprised of community leaders.

**All NAMI Havasu programs are free.** They are led exclusively by volunteers for the purpose of helping sick people who have suffered from lack of adequate resources in this community. Our population in Lake Havasu City is approaching 55,000, yet only two practicing psychiatrists and two mental health psychiatric nurse practitioners serve our populace. Although this is a pressing matter in itself, an even greater problem exists. Due to lack of psychiatric crisis medical care in this community, people in mental health crises are taken by ambulance to other cities in many instances--most often to Las Vegas which necessitates a 2 ½ hour drive.

The Havasu Community Health Foundation is very supportive of NAMI Havasu, while also making strides toward bringing additional mental health resources to Lake Havasu City. HCHF has made their building NAMI Havasu’s “home” where many of our programs are held.

**All NAMI Havasu programs have an age requirement of 18 years old and up.**